Juvenile Diabetes Foundation International.
The Diabetes Research Foundation.

"Captain Novolin provides a very innovative approach to the management of insulin-dependent diabetes. We acknowledge the potential that this product has for educating young people who suffer from this disease."

"Education can and should be fun. Diabetes education is no exception. The Super Nintendo game *Captain Novolin* makes diabetes education fun. If only I had sufficient manual dexterity to consistently win...."

Jay S. Skyler, M.D.

Captain Novolin® is named after Novolin® human insulin (rDNA origin). Novolin® and Captain Novolin™ are trademarks of Novo Nordisk A/S.
WARNING: Any change of insulin should be made cautiously and only under medical supervision.

rayasystems

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INSTRUCTION BOOKLET

SUPER NINTENDO ENTERTAINMENT SYSTEM

WARNING: PLEASE READ THE ENCLOSED CONSUMER INFORMATION & PRECAUTIONS BOOKLET CAREFULLY BEFORE USING YOUR NINTENDO® HARDWARE SYSTEM OR GAME PAK.

Notice to Parents/User

This game is an educational tool to show children with diabetes how to balance diet, exercise and insulin therapy. Insulin is a drug product which must be used carefully and only under medical supervision. Therefore you should never adjust or change insulin therapy, including your brand of insulin, without first consulting your doctor. Show him the notice below.

Notice to Physician:

Some physicians may want older children to learn to adjust insulin therapy. In order to optimize the benefits of this educational game and prevent the use of unfamiliar insulin regimens, codes representing specific regimens are available from your Novo Nordisk Sales Representative or from the Novo Nordisk Information Number:

USA: 800-727-6500
Canada: 800-465-4334
Puerto Rico: 809-268-6666

LICENSED BY Nintendo

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THIS OFFICIAL SEAL IS YOUR ASSURANCE THAT NINTENDO HAS APPROVED THE QUALITY OF THIS PRODUCT. ALWAYS LOOK FOR THIS SEAL WHEN BUYING GAMES AND ACCESSORIES TO ENSURE COMPLETE COMPATIBILITY WITH YOUR SUPER NINTENDO ENTERTAINMENT SYSTEM. ALL NINTENDO PRODUCTS ARE LICENSED BY SALES FOR USE ONLY WITH OTHER AUTHORIZED PRODUCTS BEARING THE OFFICIAL NINTENDO SEAL OF QUALITY.

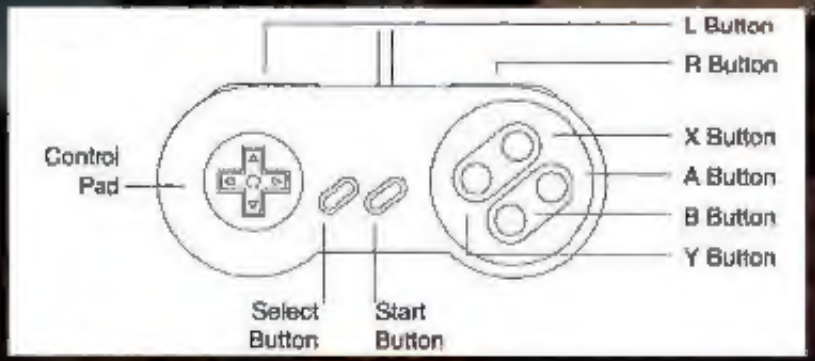
A Panic in Pineville

Aliens have landed on Mt. Wayupthar, and they plan to take over the world! Stopping them will be tough, because they are all disguised—as sugary junk foods. Fortunately Captain Novolin, the superhero with diabetes, has found out about the invasion and will try to stop the aliens before they can do any harm.

But he has to hurry. The aliens have already captured Mayor Gooden of Pineville, who also has diabetes. The mayor needs help fast because he has only 48 hours worth of diabetes supplies.

You must help Captain Novolin make it through waves of sugary junk food aliens and defeat the alien commander, Blubberman. You must also help Captain Novolin manage his diabetes by checking his blood glucose, taking insulin and following his meal plan.

Names of Controller Parts



Controls

A	jump
> then A	flying jump
>	walk right
<	walk left
v	duck
A then v	stomp on an alien
START	pause the game

When Captain Novolin is in his boat, the boat coasts for a few moments after you stop pressing > or < on the Control Pad.

Starting the Game

At the beginning of Captain Novolin, a screen appears asking you to "enter the code your doctor has given you." Use the arrow keys to select a three-digit code. You can enter 000, which is a fixed insulin plan, or you can call your doctor who has, or can get, the codes for other insulin regimens and who can tell you which code you should use. Show this booklet to your doctor, and point out the "Notice to Physician."

The Information Bar

At the top of the screen you will see an information bar that looks like this:

At the top left of the bar you see the level you are currently playing. Your score is displayed at the top right. Under the score you can see how many chances you have left. In the center is the game time. The small pictures in the lower left let you know what food you have eaten in the level so far.

Playing the Game

Captain Novolin is equipped with a diabetes care kit and his medic alert card. His adventure will take two game days.

Each day follows Captain Novolin's meal plan: Breakfast, Morning Snack, Lunch, Afternoon Snack, Dinner, and Bedtime Snack. Before meals, Captain Novolin may check his blood glucose (BG), inject insulin and review his meal plan.

Helping Captain Novolin Manage His Diabetes

Captain Novolin starts the game with his blood glucose in the safe zone. BG usually goes up after a meal. Don't overreact, though. Insulin makes it come down again. After meals, look for the special way to check Captain Novolin's BG so you know how he is doing before a snack time.

In the game, there are three important things to keep in mind when managing Captain Novolin's diabetes: food, insulin, and exercise.

Food

It's up to you to make sure Captain Novolin eats the right food. During each level, Captain Novolin must collect the food items shown by the dietitian in order to keep his blood glucose in the safe zone. Be careful not to eat too few items, as this will cause Captain Novolin's blood glucose to go dangerously low (called hypoglycemia). Eating too many items can be just as bad! That causes his blood sugar to go too high (called hyperglycemia).

REMEMBER, ALWAYS TALK TO YOUR DIETITIAN BEFORE CHANGING YOUR OWN DIET PLAN.

Insulin

In the game it's up to you to give Captain Novolin insulin. The doctor will suggest Captain Novolin's usual dose. You can play Captain Novolin with different kinds of insulin treatment plans by entering a code at the beginning of the game. Ask your doctor which code is best for you, or enter 000 if you don't know.

REMEMBER THAT YOU ARE HELPING MANAGE CAPTAIN NOVOLIN'S DIABETES—BUT WHAT'S RIGHT FOR HIM MIGHT BE DIFFERENT THAN WHAT'S RIGHT FOR YOU. ALWAYS CHECK WITH YOUR DOCTOR BEFORE CHANGING YOUR INSULIN OR YOUR DOSE.

Exercise

When a person exercises, he or she uses up blood glucose more quickly and is more sensitive to insulin. Captain Novolin is a very active superhero. This means he has to follow his meal plan carefully and check his blood glucose often. Near the end of the game, when Captain Novolin makes the final climb into the mountains to save the mayor, you need to be extra cautious.

You will be warned if the Captain's blood glucose is too high or too low. Captain Novolin will get dizzy and slow down until his BG level reaches a safer zone. If his BG is too low, you might want to have him eat another food item.

A Look at the Alien Enemies

Disguised as foods that can wreck a diet plan, these aliens are tough. Press down as you are about to land on top of an enemy. The enemy will be destroyed and you will receive 1000 points. But if they touch Captain Novolin first, he gets hurt. Get them before they get you!

Chip

Jump and stomp on this nutty chocolate chip cookie to keep from harm.

Harry Fudge

Harry Fudge drips with fat and sugar. Brushing against this unfriendly sundae could sink the Captain's chances of rescuing the mayor.

Jumpin' Jelly John

Don't let his frosting fool you. This donut is nasty and bounces unpredictably.

Fizzy Floyd

Crush this can of sickly sweet soda if you can.

Larry Licorice

Dangerous as he whirls though the air, this licorice monster is best avoided by ducking.

Pistachio

A particularly tough enemy, this radiant ice cream cone can throw deadly ice cream drips. Approach with caution.

Cereal Killer

This box of sugary cereal could give the Captain a stomach-ache. Watch out, he moves fast.

Keeping Track of Captain Novolin's BG Level

If you complete a level and Captain Novolin's BG is in the safe zone, you get a bonus. The more times you stay in the safe zone, the bigger the bonus.

At the end of each day, the logbook will be displayed so that you can review how well you managed Captain Novolin's diabetes.

But Watch Out . . .

When the game starts, Captain Novolin has just three chances to succeed. There are four different ways that he can get hurt:

- Captain Novolin gets hit by a sugary junk food alien.
- Captain Novolin falls into a hole or off a cliff.
- Captain Novolin runs out of time during a level.
- Captain Novolin's BG goes dangerously high or low.

If he gets hurt, you might have to start back at the beginning of the level and try again.

Special Hints

Throughout a level, Captain Novolin learns valuable information about diabetes from the doctor, the dietitian, and when he catches a star.

Before some stages, Captain Novolin meets other people who give him good advice. For example, before the boat ride, the dock attendant advises Captain Novolin to wear shoes while on the dock to protect his feet. For people with diabetes this can help delay the onset of complications related to poor circulation.

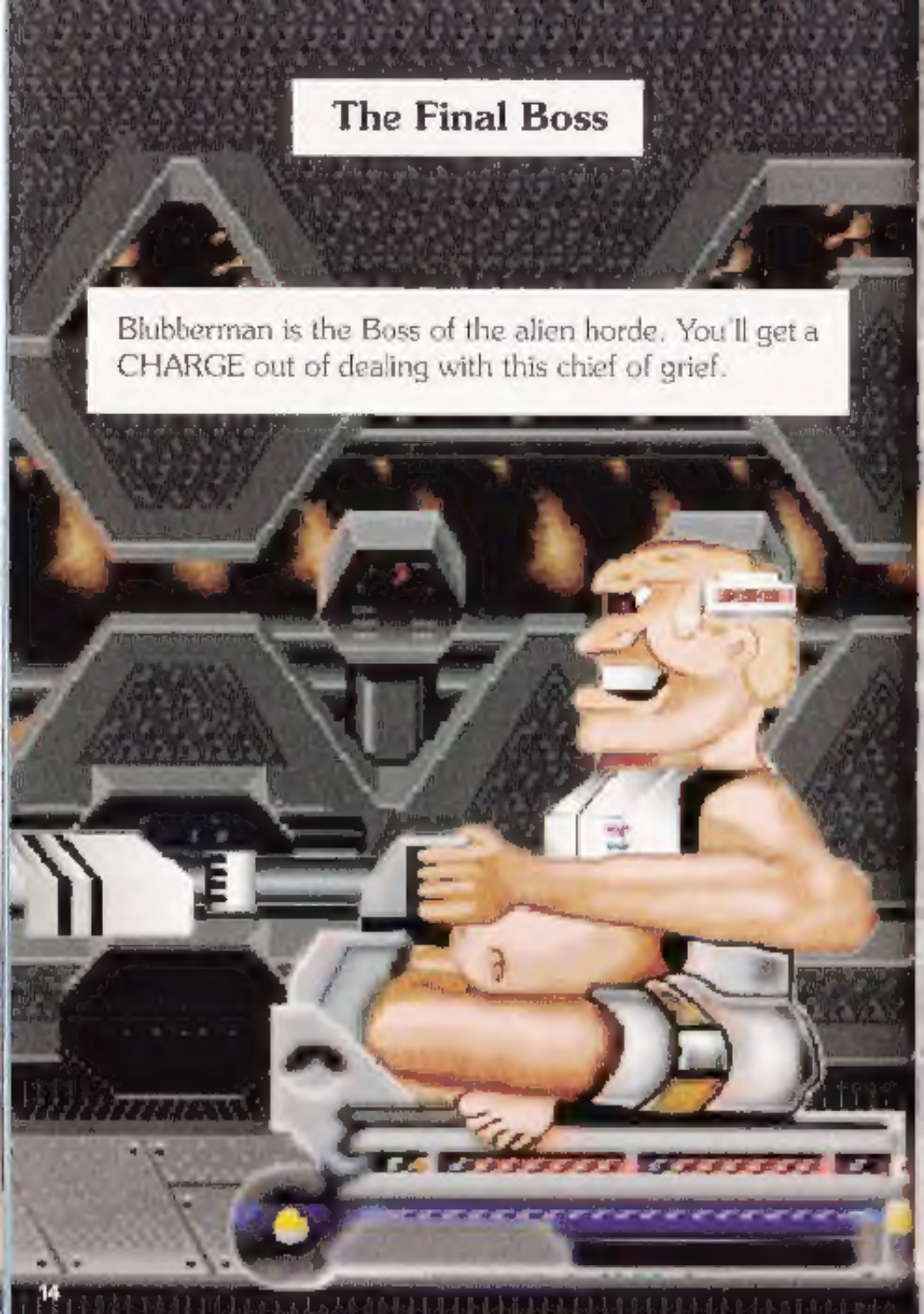
This information will help you answer the questions that are displayed when he grabs a question mark.

When you touch a question mark, you are asked a question about diabetes. If you answer a question correctly, you get bonus points.

An extra Captain Novolin is awarded every 100,000 points.

The Final Boss

Blubberman is the Boss of the alien horde. You'll get a CHARGE out of dealing with this chief of grief.



Something You Should Understand

Captain Novolin is a game that can teach you some important things about diabetes.

But remember, this game cannot tell you how you should manage your *own* diabetes. Only your doctor can.

THIS GAME IS NOT INTENDED TO PROVIDE ADVICE ABOUT YOUR OWN DIABETES CARE. DO NOT CHANGE YOUR OWN DIABETES CARE PLAN, DIET PLAN, OR INSULIN, DOSE OR SCHEDULE WITHOUT A DOCTOR'S SUPERVISION.

Credits

Produced by Raya Systems

Developed by Sculptured Software

design and direction	Perry Rodgers
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art	Kelly Kofoed
musical composition	Kingsley Thurber
music and sounds	Mark Ganus
testing	Brian Taney, Matt Grate, Lee Smith, Joe Buffington, Eric Nikolaisen

Special Thanks to Stanford University School of Medicine and Lucile Salter Packard Children's Hospital at Stanford

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consulting dietitian	Joanne Hattner, RD MPH, Department of Dietetics

Made possible by Novo Nordisk

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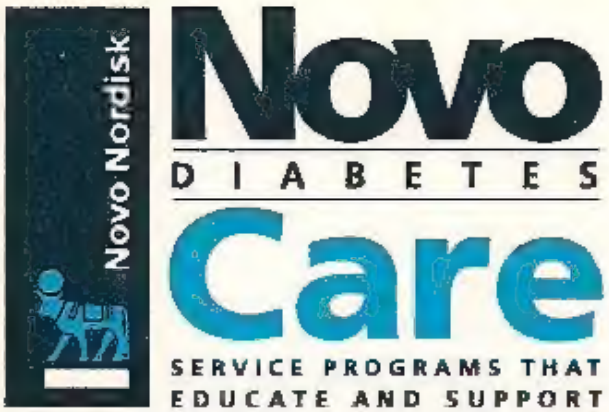

Novo Nordisk Pharmaceuticals Inc.
The worldwide leader in diabetes care

Captain Novolin is a state-of-the-art action-packed video game using the Super Nintendo Entertainment System™. The game is intended to motivate young people with diabetes to learn about its management.

The story involves aliens disguised as junk food who have kidnapped the Mayor of Pineville — a man with diabetes who has only two days' supplies. Super hero Captain Novolin also has diabetes. The object of the game is to avoid being felled by the aliens, to reach and destroy Blubberman, their leader, and to rescue the Mayor.

Players make appropriate food choices along the way, trying to avoid hyper- or hypo-glycemia. Captain Novolin is given advice by several characters, and players might, at your choice, be allowed to adjust their insulin levels, using "more" or "less" or "same".

In order to optimize the benefits of the game for teaching purposes, it has been designed with codes indicating different insulin regimens:

000 = 2 injections without adjustment
356 = 2 injections with adjustments allowed
762 = 4 injections with adjustments allowed

Please provide the appropriate code information when you give or loan the Captain Novolin cartridge to individual patients; they will not be able to change the insulin regimen without receiving the code from you.

This feature also reinforces the important notice that appears at the beginning of the game notifying players that Captain Novolin is not intended to be used to manipulate individual insulin regimens, and that they should "always talk to your doctor before changing your treatment plan."

This is another innovative educational tool from Novo Diabetes Care™, the comprehensive support system provided by Novo Nordisk Pharmaceuticals Inc. for their prescribers and customers.

Novo Nordisk Pharmaceuticals Inc.
The worldwide leader in diabetes care
For additional information, please call 1-800-727-6500.

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Novo DIABETES Care

SERVICE PROGRAMS THAT EDUCATE AND SUPPORT

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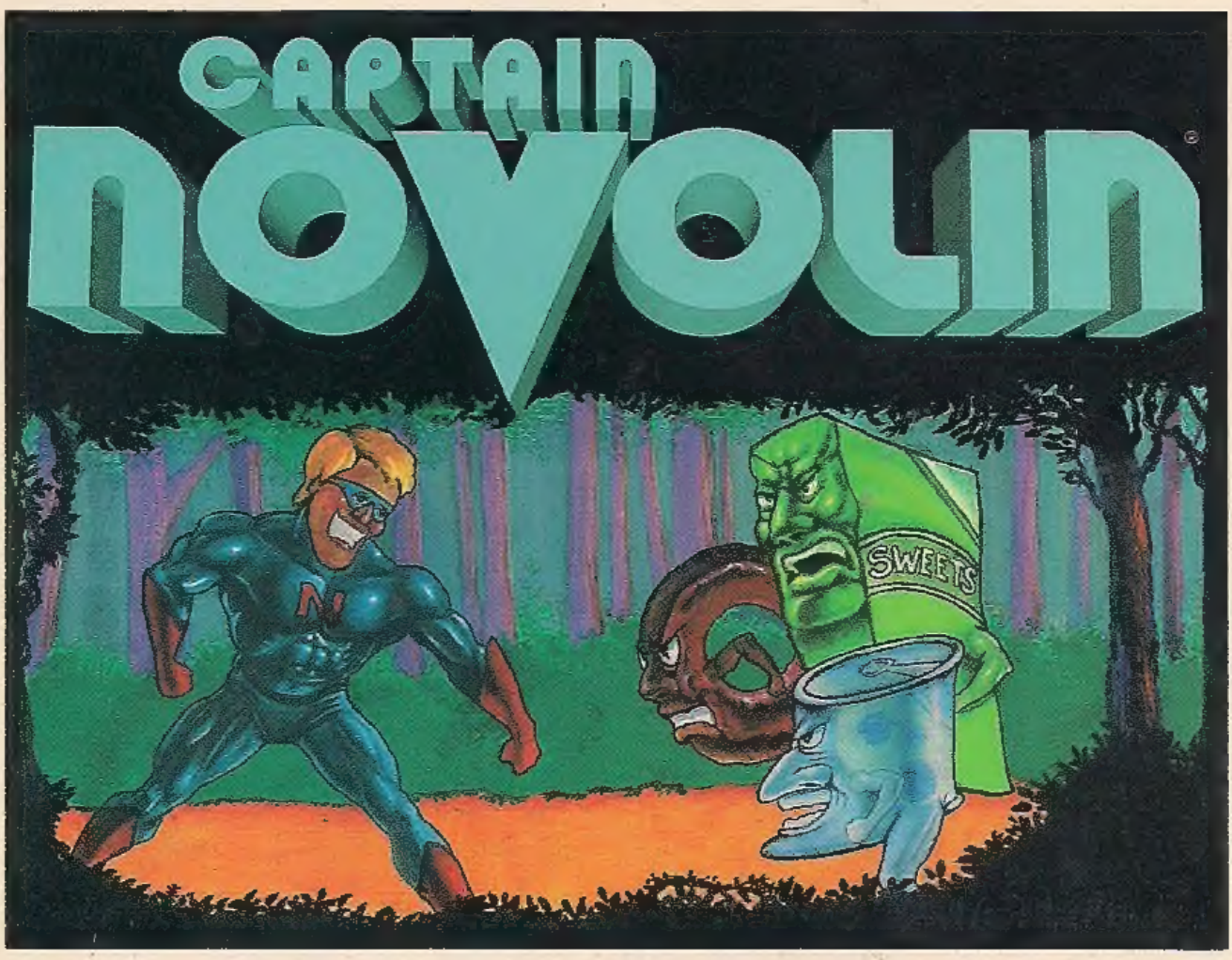

LOANED TO:

Date	Name

This videogame is provided as a service of Novo Diabetes Care™.

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WARNING: Any change in insulin should be made cautiously and only under medical supervision.

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